GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent
Bed Pillows - Natural and Man-Made

Feature Machine Laundering

Almost all bed pillows made today may be machine washed and dried. This includes pillows or a combination of down and feathers used for filling. These pillows may also be treated to be dust-free, odorless and mildew - resistant.

Down is the most expensive filling, long known for its softness, lightness and resiliency. In a combination of down and feathers, the greater the percentage of feathers the firmer and less soft the pillow. Feathers from waterfowl such as goose and duck are more lightweight and softer than those of their landlubber cousins, turkey and chicken. In addition, turkey and chicken feathers must be artifically curled and may flatten after a time.

Polyester fiberfills offer buoyancy and washability, are hypo - allergenic, ordorless, mothproof and mildew-proof.

A new combination is a blend of polyester, white goose down and white goose feathers which seems also to blend the best features of each for desirable comfort and easy care.

Latex foam pillows are resilient, hypo - allergenic, ordorless, dust-free, mothproof and mildew - proof. Molded foam keeps its shape better than shredded foam.

Before washing pillows, check that seams are not ripped. Sew rips so feathers won't escape during washing. Put the pillows, two at a time to balance the load, in the washer and start to fill with warm water. Stop the washer again and add detergent.

Before washing pillows, check that seams are not ripped. Sew rips so feathers won't escape during washing. Put the pillows, two at a time to balance the load, in the washer and start to fill with warm water. Stop the machine when the washer is half full. Push the pillows under the water. Start the washer again and add detergent or soap. Wash 8 to 10 minutes and let the washer finish automatically.

Dry feather pillows in a dryer using the highest heat for the longest time. You may need to add more time to get pillows completely dry.

Though latex foam pillows can be machine washed, never dry them with heat. Use the AIR setting on the dryer only.

Removable, zippered pillow covers are easy to slip off and launder. They protect pillows so that only occasional washing is needed.

Whenever shopping for pillows, be sure to read the attached labels for care instructions and type of filling. Along with instructions for care, filling content must be stated by law.

RECIPE OF THE WEEK

Southern Chess Pie

Much like Southern Pecan Pie

Pastry for 9" One-crust Pie
1 cup brown sugar (packed)
½ cup granulated sugar
1 tablespoon flour
2 eggs
2 tablespoon milk
1 teaspoon vanilla
½ cup butter, melted
1 cup pecans

Heat oven to 375°. Mix together sugars and flour. Beat in thoroughly eggs, milk, vanilla, butter. Fold in nuts. Pour into pastry-lined pan. Bake 40 to 50 minutes. Serve slightly warm, plain or with whipped cream.

ACHS Honor Roll

Third Six Weeks

9th - Rindy Lawson, Sheryl Martin.

Tenth Grade - Kim Ferguson, Judy Peters, Susan Rosser Robin Tomlin.

Eleventh Grade

R. B. Carter, Steve Cawthorne, Susan Hamlin, Beverly Harvey, Mike Reynolds, Jack Smith.

12th Grade

Warren Coleman, Sheila Franklin, Teresa Lucas, Julie Moore, Pam Moore, Cathy Paulette, Donna Paulette.

B HONOR ROLL

Ninth Grade

Judy Ayers, Brenda Bowling, Walker Covington, Robert Dyess, David Eye, Cheryl Franklin, Veronica Franklin Karen Gillaspie, Stephanie Gilliam, Rose Glenn, Bobby Harris, Bessie Hash, Marzetta Hodnett, Shirley Kress, Rodney Lawson.

Also Loretta Lettner, Raymond McFadden, Bernice Melvor, Sheryl Martin, Donna Mitchell, Bernetta Moore, Marlene Moore, Connie Murray, Darrell Pluckett, Lonnette Reynolds, Ronnie Richardson, David Robertson, Don Scruggs, Phillip Seay, Laurie Seiz, Laura Shorter, Jeff Smathers, Nancy Stratton, Verna Thornton, Mike Wooten.

Tenth Grade

Wanda Browder, Karen Carter, Teresa Cyrus, Joe Ford, Janice Glies, Karen Godsey, Kent Hodges, Karen Lively, Debbie Moore, Gail Moore, Rita Page, Gaye Phelps, Phyllis Walker.

Eleventh Grade

Janet Booth, Robin Carter, Sandy Chambers, Karen Chandler, Betty Cheatham, Jeanette Clark, Beverly Coleman, Goldie Covington, Donna Cyrus, Rita Ferguson, Robert Fitzgerald, Debra Garrett, Theresa Garrett, Kathie Garris, Geneva LeWarne, Carla Lipford, Rick Shelton, Cindy Smith, Wilson Staples, Sheila Torrence, Carolyn Winston.

Twelvth Grade

Rhonda Banton, Julie Chambers, Kay Chenault, Annette Conner, Mark Covington, Diane Ferguson, Douglas Doss, Joyce Foster, Brenda Garrett, Connie Gillaspie, Gary Goin, Cindy Guill, Denise Hamlett, Wanda Harden, Kim Harrison, Alan Jones, Delaphine Lewis, Marcella Lively, David Marshall, Stephanie Martin, Mary Parris, Diane Parsons, Debbie Puckett, Grace Ranson, Debbie Rush, Carla Varner, Tommy Wheeler, Lynn White.

honorable mention

Ninth Grade

Penny Cabaniss, Rose Chandler, Brenda Coleman, Shelly Davidson, Kevin Dews, Marian Dillard, Holly Franklin, Richard Guill, Sarah Hamlin, Darrell Johnson, Faye Johnson, Jacquetta Jones, Jeretha Jones, Marilyn McCormick, Robin Moore, Debbie Mottley, Pam O'Brien, Vicki Smith, Mary Smoak, Cathy Tanner.

Tenth Grade

Cindy Almond, Willa Coleman, Becky Davidson, Lisa Dickerson, Lynn Doss, Arlene Ferguson, Edna Goin, Gale Griffin, Tracy Jennings, Beth Jones, Kathy Jones, Debra McFadden, Janet McFaden, Dean Martin, William Perdue, William Shorter, Carolyn Smith, Tony Snell, Cecil Tanner, Vickie Thomas, Rachel Thompson, Juanita Walker, Debbie Webber.

Eleventh Grade

Betty Booker, Keith Coleman, Patricia Elder, Charles Garrett, Pam Goodwin, Cindy Harris, Nancy Hoke, Darl Hudson, Elaine McArthur, Debbie Morrell, Kathy O'Brien, Ann Sears, Virginia Smith, Donnie Thornhill, Ernestine Walker, Pearle Washington.

Twelfth Grade

Sue McCormick, Carolyn Morris, Charlene Schrock, Ricky Wingfield.

ALFRED ALMOND, left, and JOE GOIN, right, caught a four and one-half pound Channel Catfish on February 19 with the coahing of Joe's daughter, Peggy (center), who says it must have been a great day for fishing!

Stonewall

For where your treasure is there will your heart be also. Matthews 6:21.

Mrs. Layton Haley of Roanoke spent the week end with Mr. Osborne and Crawford Davidson.

Miss Debbie Durett spent Friday night with Mrs. Hazel Gillaspie.

Sunday, Mrs. Bob Worley visited Mr. and Mrs. I. B. Wheeler. Also Mr. and Mrs. H. B. Jones and Richard.

Mr. and Mrs. I. B. Wheeler visited Mr. and Mrs. Hubert Caldwell and Mr. and Mrs. Howard Gilbert last Friday. It is always a pleasure to visit

dear friends.

Mr. and Mrs. Calvin Tanner, Kathy and Frank were dinner guest of Mr. and Mrs. Lyle Thomas Sunday.

Mr. A. B. Carson Jr. visited Mr. and Mrs. Wallace Bondurant last week.

Mrs. Barbara Jordon visited her mother Mrs. Elsie Caldwell Sunday. She had a fall and sprained her wrist last Thursday.

Mrs. Annie Horsley is progressing slowly at the Guggenheimer Home in Lynchburg.

Miss Tracy Garrett came home Friday from hospital. Mrs. E. B. Wheeler visited her Saturday morning.

Mrs. A. W. Elliott and children spent the week end with her mother and father at Buchanan, Virginia.

Mr. and Mrs. Herbert Matthews of Orange, Virginia visited her father, Mr. J. O. Davidson last Wednesday also Mr. Wallace Bondurant. Mrs. Matthews is able to go back to work Monday. So very glad to hear it.

APPOMATTOX COUNTY HOMEMAKERS TO MEET

The Appomattox County Young Homemakers will meet on March 13th in the Appomattox County High School Home Economics Department at 7:30. The program is Spring Landscaping and Garden. All young homes urged to attend.

$150 Rebate if your h... has hot water, steam ... electric heat. . .

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We can do it with a Dunham-Bush SPACE... central cooling system.

If you think your home is too old f... tral cooling, you haven't heard about Spac... It's so flexible it goes around studs and ob... instead of through them. And we're the on... who have it. Call us for a free estimate. A... give you a free outdoor thermometer just ... ing us a chance to explain our Space-... conditioning/heating system.

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THE NEW GOLDEN INVESTMENT CERTIFICATE

GOLDEN SAVINGS CERTIFICATE
Compounded Daily
7¾%
$5,000 minimum — Six-year maturity
8.06%
Effective annual yield when earnings are left to accumulate.
GOLDEN SAVINGS CERTIFICATE

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Earnings may be paid to you, transferred to your passbook account, or left to accumulate. So, whatever you do, investigate before you invest. We'll be glad to show you the many exciting opportunities possible with our new GOLDEN INVESTMENT CERTIFICATE.

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MARCH 7-22
• Big Savings
• 47 Valuable Prizes Given Away
• *Grand Prize:* INTERNATIONAL® 1975 Model 150 Pickup

...f-Flite 8 HP 30" ...g Mower with electric start
$545 Regular suggested price $595.00
...on. 12-volt battery. Muffler. 4-speed transmatic-type differential. 30" full floating deck. ...es blades. Disc brakes plus parking brake.

100 ft. coil

¼" Sisal Rope
Sale $1.69
Regular suggested price $2.39
Strength plus economy. Ideal for farm, home, sports use.

18 gal. Plastic Trash Can
Sale $3.49
Regular suggested price $4.49
Noiseless. Won't rust, corrode. Built to take hard wear. No. 335.

20" BREEZE BOX ELECTRIC FAN
Sale $22.95
Regular suggested price $28.95
7-wing blade and powerful 2-speed motor keep you comfortable. No. 11027.

50 ft. ¾" Vinyl
VINYL GARDEN HOSE

Garden Hose
Sale $7.95
Regular suggested price $9.95
Reinforced with tough nylon cord. Kink-resistant. No. 73-591.

Sta-Rite ½ HP Cellar Drainer
Sale $53.50
Regular suggested price $57.00
Moves up to 3600 gallons of water per hour. Cast iron. No. CD-15.

Unico Galvanized Steel Panel Gates
12 ft. (No. SG125) **SALE $30.95**
Regular suggested price $34.95
14 ft. (No. SG145) **SALE $33.50**
Regular suggested price $37.95
Rugged riveted construction. Rust-, sag-, and twist-free service.

D-Con Rat and Mouse Killer
Sale $1.39 1 lb.
Regular suggested price $1.70
Gets results. Contains Warfarin. Mixed with bait—ready to use. No. 201.

ATLAS POST HOLE DIGGER
Sale $8.50
Regular suggested price $11.15 No. 17-056

...PLASTIC ...KLING CAN ...$1.79
...ggested price $2.39
...corrosion problems. Large ...turdy. No. 1120.

1 TON HOIST PULLER
Sale $24.95
Regular suggested price $31.60 No. 6-82730W.

...gt. Plastic Utility Tub
Sale 79¢
Regular suggested price 99c
Won't mar or scratch floors. Noiseless. Flanged top. No. 151.

Plastic Bristle Barn Broom
Sale $3.35 less handle
Regular suggested price $4.75 No. 5123.

...ulti-purpose GREASE
40¢ per cartridge
...r suggested price 55c
...0 does all farm lube jobs well—includ...ed and heavily-loaded wheel bearings.

10" FENCE PLIERS
Sale $5.35
Regular suggested price $6.75 No. 1936-10CV.

Teflon-coated PRUNER
Sale $2.39
Regular suggested price $3.10 No. 23-036

...VY DUTY MOTOR OIL
Sale $11.60
case of 24 qts.
Unico SHD provides outstanding engine protection. 30 weight.

...G HANDLE SHOVEL
...$3.19
...uggested price $4.20
...heat-treated steel. 48" hard-...dle. Unico No. 15-831.

3½ GAL. COMPRESSED AIR SPRAYER
Sale $14.95
Regular suggested price $19.95
Sprays rapidly and uniformly. Adjustable. Easy-fill top. Safety lock. No. 140-U.

...rf-Til 26" 3½ HP ...rden Tiller
...e $189.95
...ular suggested price $209.95
...efficient engine. Four ...Roller bearings. 16 un...hoe-type 12" tines. ...wheel position and ...ght. No. 5352-51.

PRECISION VEGETABLE GARDEN SEEDER
Sale $29.95
Regular suggested price $37.95
Opens soil, spaces seed, covers, packs soil in one operation. No. 6-18560W.

Dog Food Discount
Save 25¢ on each 25-lb. bag, 50¢ on each 50-lb. bag, of Red Ranger or Ready Ration dry dog food. $20 off per ton. Also $1.00 discount on 48 can case of Red Ranger poultry base dog food and 24 can case of Red Ranger Beef & Meat Chunks.

Don't Miss Our Housewarming
Saturday, March 8
9 A. M. to 12 Noon

WE INVITE YOU TO STOP IN DURING THE ABOVE HOURS TO LOOK OVER OUR ATTRACTIVE NEWLY-REMODELED SALESROOM. AND BE SURE TO CHECK OUT THE SPRING SALE BARGAINS. THESE ARE MANY ITEMS ON SALE IN ADDITION TO THOSE LISTED IN THIS AD.

5 Valuable Prizes
Grand Prize
20-inch Turf-Trim Rotary Lawn Mower

Free Refreshments

MENS FOOTWARE SALE $13.95
Reg. Sug. Price $16.95
HEAVY DUTY 4-BUCKLE ARTIC FOOTWARE

WE NOW HAVE A COMPLETE LINE OF LAWN AND GARMEN SUPPLIES INCLUDING AZELEA AND EVERGREEN FOOD, ROSE FOOD, TOMATOE FOOD, POTTING SOIL, BONEMEAL, PLANT FOOD, PETE MOSS, ETC. PLUS MANY MORE. COME IN AND SEE!

IDEAL BAND CASTRATOR
Sale $15.95
Regular suggested price $20.20 No. 6-96000W.

UNICO RED LATEX BARN PAINT
Sale $5.55 gal.
Regular suggested price $7.05 gal.
Goes on fast, easy. Dries quickly. Can be applied even in damp weather. No. 302.

CO-OP Heavy Duty BRAKE FLUID Sale $2.95
Regular suggested price $4.20 No. 400-CO-32.

UNICO WHITE GENERAL PURPOSE PAINT
Sale $6.18 gal.
(In 2 gal. cans)
Regular suggested price $7.33
Covers well. Cleans itself; stays white. Resists checking, cracking. Non-toxic. No. 271.

8" Adjustable Wrench
Sale $3.79
Regular suggested price $5.15

Heavy-Duty "Cadet" Wheelbarrow
Sale $35.95
Regular suggested price $41.50
Rugged strength. Big 4 cubic foot capacity. Pneumatic tire. Steel bracing. No. 74.

Deluxe Pistol Grip NOZZLE
Sale $1.59
Regular suggested price $2.00 No. 2425C.

Aluminum Asphalt Fibrated Roof Coating
Sale $18.60 5 gals.
Regular suggested price $22.95
Waterproofs, insulates, preserves. Gallon covers 200-300 square feet. No. 61.

Save On Milk Replacers 50¢ off now
on each 50-pound bag you buy of Southern States Milk Replacer product.

Sentry "Weeder" Fence Controller
Sale $23.75
Regular suggested price $26.50
Burns weed tips, ends nuisance shorts. Signal light. Lightning arrestor. No. 109107.

"Lite-Tuff" TARPAULINS
8' X 10' Heavy Duty **Sale $24.95**
Regular suggested price $30.95
10' X 12' Heavy duty **Sale $36.95**
Regular suggested price $46.45

Lawn Seed Prices Cut
Save 10 percent on Southern States Velva-Green, Dura-Green and Shadee Lawn Seed Mixtures. Grow beautiful grass.

Turf-Trim Deluxe 22" 3½ HP Mower
Sale $99.95
Regular suggested price $117.00
14 gauge steel Mulch Master deck. 360 degree baffle. Side discharge. Big 8" easy-roll ball-bearing wheels. "E-Z Duzit" height adjusters. No. 1221-52.

Horse Feed Savings
25¢ off on each 50 pound bag you buy of Southern States Performance Champion or Silver Stirrup horse feed. Top nutrition.

Vinyl Door Mat
Sale $2.25
Regular suggested price $3.19
17" x 25" size. Nubby pattern helps clean off shoes. No. 25.

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